

# Cheesy Rice & Beans

**Makes:** 6 Servings

## Ingredients

**1 1/2 cups** brown rice  
**6 tablespoons** celery, chopped  
**6 tablespoons** onion, chopped  
**6 tablespoons** tomato paste  
**3/4 cup** tomato sauce  
**6 tablespoons** Diced fresh tomato  
**3/4 cup** White beans, canned  
**3/4 cup** black beans, canned  
**3/4 cup** carrots, raw, grated  
**6 tablespoons** Green pepper, raw, chopped  
**6 ounces** cheddar cheese, low-fat, shredded  
**1/2 teaspoon** cumin  
**1/2 teaspoon** cilantro



## Directions

1. Cook rice in water in large pot according to package directions.
2. Wash and chop celery, onion, and green pepper with knife or food processor; wash, peel, and grate carrot with grater.
3. Wash and dice fresh tomato. Open and drain cans of beans. Open cans of tomato paste and tomato sauce.
4. Measure and mix all ingredients together, including herbs and cheese, and place in large baking pan with enough water to keep casserole moist.
5. Cover and bake covered in 350°F oven for 45 minutes to an hour. Keep moist.
6. Serve.

## Notes

Serving Size: 1 cup